

Date: 30th April 2026

Training and support for colleagues during organisational change

We recognise that organisational change can bring uncertainty, and it is important that colleagues feel supported during this time.

A range of training and development opportunities are available to help corporate staff build confidence and develop practical skills.

Interview Skills Training offers a supportive session covering applications, CVs and cover letters, alongside guidance on preparing for interviews. It provides a safe space to refresh your skills and feel more prepared for upcoming opportunities.

Strengthening Resilience Through Change is a short session focused on understanding how we respond to change and stress. It explores practical strategies and tools to help build resilience and navigate change with greater confidence.

Both sessions are available to book via ESR.